



FOR IMMEDIATE RELEASE

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Surgeon General's Message—Walk More!

22 minutes of brisk walking or moderate physical activity can reduce risk of heart disease and diabetes

Eau Claire, WI – September 29th, 2015- Last week, the Surgeon General recently launched the “Step It Up” campaign, a national effort to promote walking and wheelchair rolling as a way to prevent chronic health problems. Half of American adults are living with a chronic disease such as heart disease, cancer, or diabetes. In Eau Claire County, cancer and heart disease are the leading causes of death. 1 in 14 Eau Claire County adults are diagnosed with diabetes.



Despite the known health benefits of moderate exercise, only 24% of Wisconsin adolescents are physically active daily according to the 2013 Youth Risk Behavior Surveillance System. 23% of Eau Claire County adults aged 20 and older reported that during the past month, they had not participated in any physical activity. To obtain substantial health benefits, the *2008 Physical Activity Guidelines for Americans* recommends that adults get at least 150 minutes of moderate-intensity aerobic physical activity each week (just 22 minutes each day!), and that children and adolescents be active for at least 60 minutes every day.

The Surgeon General also wants to make it easier for people to walk around their communities. His report urges government agencies, city planners and developers to design and maintain more pedestrian-friendly communities. In Eau Claire County, momentum continues to build around the idea that where you live matters and that the way we design our community can have an impact on health. On October 6th, Eau Claire Healthy Communities will be sponsoring the second annual **Built Environment (BE) Fit Forum** from 1 to 5 p.m. at the Mayo Clinic Health System – Luther Campus. The BE Fit forum will address the intersection of health and the built environment and will engage a variety of stakeholders from throughout our community. Register for the BE Fit Forum at <http://www.eventbrite.com/e/be-built-environment-fit-forum-ii-tickets-17514834341?aff=ebrowse>.

The Eau Claire City-County Health Department encourages everyone to increase their physical activity and walk more. “Physical activity is one of the most important things residents can do to improve their health,” says Lieske Giese, Director/Health Officer of the Eau Claire City-County Health Department. To learn more about the “Step it Up” Campaign, visit <http://www.cdc.gov/physicalactivity/walking/call-to-action/index.htm>. For more information about Eau Claire Healthy Communities and the BE Fit Forum, visit www.echealthycommunities.org.

---See infographic on next page---

STEP IT UP!

EVERYONE CAN HELP
MAKE OUR COMMUNITIES
MORE WALKABLE



Step it up! Help make your community more walkable. Learn how by visiting
www.SurgeonGeneral.gov

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